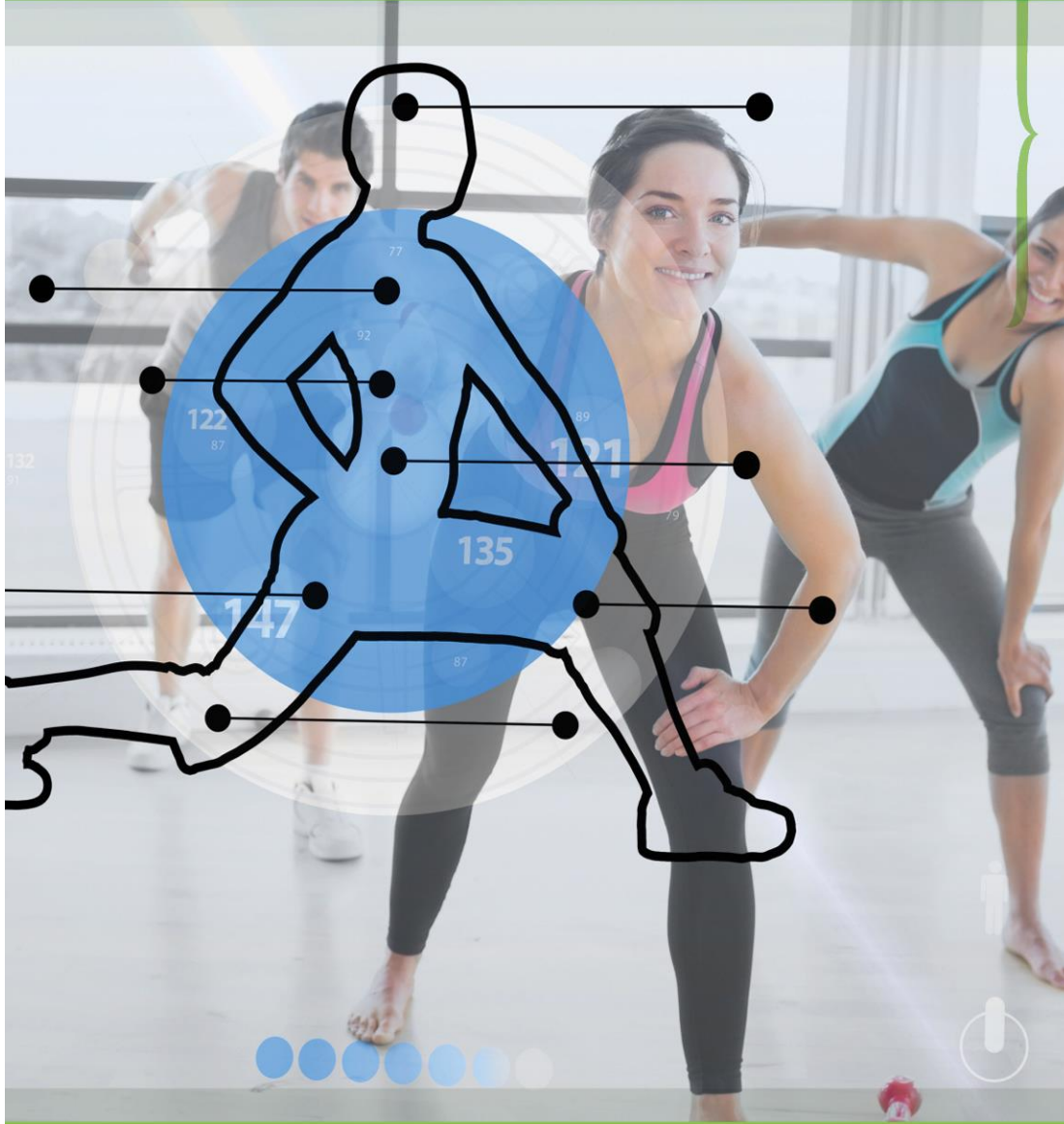


Resources for total well-being

WELLNESS RESOURCES



WELLNESS COACHING

By phone or Web, your Certified Wellness Coach, trained by Mayo Clinic, works with you to identify and maintain strategies that support goals such as weight loss, tobacco cessation, diet, exercise, and more.

ONLINE PORTAL

An online portal provides two-way messaging with your coach. It also offers online content generated by the results of your interactive health assessment: articles, videos, wellness plans, a meal plan, a calorie counter, recipes, and more.

Most of us have some wellness goals we are either working toward, or maybe putting off for later when we might feel more enthusiastic. Whether you are ready now or later, let your employee assistance program help your efforts with coaching and resources available by phone or Web. Also, be sure to ask your HR or benefits administrator about additional work-life and wellness support your organization offers.

TOLL-FREE: 1-877-337-9553 (Wellness coaching)

1-800-EAP-LINK (EAP counseling)

WEBSITE: www.washingtoneapservices.com

CLICK ON: Work-Life in the top right corner

USERNAME: trib

